



"One Team, Supporting Military Missions and Family Readiness!"

LOOK FOR THE BACK TO SCHOOL INSERT NEXT ISSUE



Photo by Lori Newman

Lt. Col. Kelly Halverson, outgoing commander of U.S. Army Public Health Command Region-South and Sgt. Maj. Dru Gartman unfurl the colors during a ceremony July 21. After the colors were unfurled, Halverson relinquished command of PHCR-South to Lt. Col. Deydre Teyhen.

Public Health Command Region-South gains new commander, unfurls colors

By Lori Newman
FSH News Leader

U.S. Army Public Health Command Region-South held a change of command and redesignation ceremony July 21 at the Fort Sam Houston flagpole.

The USAPHC is formed from select missions of the U.S. Army Center for Health Promotion and Preventive Medicine and the U.S. Army Veterinary Command.

The integration is occur-

ring in phases over a two-year period that began with the USACHPPM's conversion to provisional status Oct. 1, 2009 and will end when USAPHC reaches full operational capabilities, targeted for Oct. 1 of this year.

The mission of the new organization is to promote health and prevent disease, injury and disability of Soldiers, retirees, family members and civilian employees and to ensure effective execution of full-spectrum veterinary services

for the Army and Department of Defense.

"It's been a busy summer, with all three CONUS regions changing commands and redesignating their colors to the Public Health Command colors," said Brig. Gen. Timothy K. Adams, commander of USAPHC.

When fully operational, the USAPHC will include a headquarters and an Army Institute of Public Health at Ab-

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VETCOM inactivates, combines forces within USAPHC

By Lori Newman
FSH News Leader

A ceremony was held July 22 to inactivate the U.S. Army Veterinary Command as they integrate into the U.S. Army Public Health Command.

Col. Erik Topping, commander, U.S. Army Veterinary Command and Command Sgt. Maj. William Applegate cased the colors for the VETCOM headquarters along

with the commanders of the six regional commands during a ceremony held at the Fort Sam Houston flagpole.

"This is a pivotal event in the making of the U.S. Army Public Health Command," said Brig. Gen. Timothy Adams, commander, USAPHC.

"Today we case the colors of the U.S. Army Veterinary Command and it's six subordinate regions signifying it's inactiva-

tion and marking a milestone in the history of the Public Health Command."

VETCOM is made up of the headquarters on Fort Sam Houston, six regional commands, 21 district commands, the Department of Defense Veterinary Food Analysis and Diagnostic Laboratory, and the DOD Military Working Dog Veterinary Service.

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Col. Erik Topping, commander, U.S. Army Veterinary Command Headquarters, addresses the Soldiers and civilians of VETCOM during its inactivation ceremony July 22 at Fort Sam Houston.
Photo by Lori Newman



Editorial Staff

502nd Air Base Wing Commander
Brig. Gen. Theresa C. Carter

502nd Mission Support Group
Commander
Col. John P. Lamoureux

Public Affairs Officer
Karla L. Gonzalez

Editor
Steve Elliott

Associate Editor
L. A. Shively

Writer/Editor
Lori Newman

Layout Artist
Joe Funtanilla

News Leader office:
2330 Stanley Road
Building 122, Suite C
Fort Sam Houston
Texas 78234-5004
210-221-1031
DSN 471-1031

News Leader Advertisements:
Prime Time
Military Newspapers
2203 S. Hackberry
San Antonio, Texas 78210
Phone: 210-534-8848
Fax: 210-534-7134

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News Leader online:
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Teeth for the CARD Act: How this impacts you

For anyone who has been charged unfairly on a credit card and not known where to file a complaint, the Credit Card accountability Responsibility and Disclosure Act of 2009 was created.

The CARD Act is essentially a bill of rights for credit card holders. Sweeping changes from this piece of legislation impact the bottom line when it comes to credit card fees, rates, grace periods and more.

The changes are so comprehensive that they could not be implemented all at once. Instead, they are being phased in. The first wave of changes occurred August 2009 with extended grace periods and the ability to opt out from some account changes.

The latest development is the creation of the Consumer Financial Protection Bureau, which assumes responsibility for administering the CARD Act. The new CFPB was launched this month with a mandate to educate, enforce, and study financial products and services for consumers.

The enforcement part of the mandate seems most useful for a majority of people. The new bureau can act on a customer complaint; and the complainant has a one-stop website to file and follow a complaint through to resolution.

Service members and their families will benefit from an agreement, announced July 5, between CFPB and the Judge Advocate Generals from each of the services, to provide stronger protections from credit fraud to the military.

According to CFPB's

website, (<http://www.consumerfinance.gov/the-cfpb-and-jags-partnering-to-protect-service-members>) a single point of contact within the CFPB's enforcement Division will allow members of the Judge Advocate Generals' Corps to share information on consumer complaints from service members and military families.

In addition, the Offices of the Judge Advocate Generals and the CFPB – including its Office of Servicemember Affairs and Enforcement Division – will create a formal working group with the goal of achieving a coordinated response to unlawful conduct targeted at service members and their families.

Anyone treated un-

lawfully by a credit card company may submit a complaint directly on the website at <http://www.consumerfinance.gov/the-bureau/>.

Locally, the Warfighter & Family Readiness Program (also known as Army Community Service), Financial Readiness Program staff is available for assistance with budgeting, credit report education and debt management.

The office is in the Roadrunner Community Center, 3060 Stanley Rd. or call 221-2380 to ask about programs or schedule an appointment.

(Source: 502nd FSS/FSFR W&FR, Financial Readiness Program)

Additional online credit and financial resources include:
<http://www.creditcards.com>
<http://www.creditcardreform.org>
<http://www.learnvest.com>
<http://ecreditdaily.com>
<http://www.creditcarddebt.org>
<http://www.creditcardassist.com/>

<http://finance.yahoo.com>
<http://www.usmoneytalk.com>
<http://moneyland.time.com>
<http://www.bankrate.com>
<http://www.usforacle.com/>
<http://www.smartmoney.com/>
<http://www.nsba.biz/ccreform.html>

Thought of the Week

Let everyone try and find that as a result of daily prayer he adds something new to his life, something with which nothing can be compared. — Mahatma Gandhi

Weekly Weather Watch

	Jul 28	Jul 29	Jul 30	Jul 31	Aug 1	Aug 2
San Antonio Texas	100° Sunny	98° Mostly Sunny	97° Partly Cloudy	100° Sunny	103° Sunny	102° Sunny
Kabul Afghanistan	90° Sunny	90° Sunny	91° Sunny	91° Sunny	93° Sunny	94° Sunny
Baghdad Iraq	120° Sunny	121° Sunny	122° Sunny	123° Sunny	122° Sunny	121° Sunny

(Source: The Weather Channel at www.weather.com)

News Briefs

Pre-Command Course

This course for new first sergeants and company commanders will be held Aug. 2-5. The intent is to provide new company leadership a full understanding of 502nd Missions Support Group resources available to assist them during their time in command at Fort Sam Houston. Briefing will be given by various 502nd MSG organizations the first three days with a tour of training facilities at Camp Bullis the fourth day. Register by July 28. Call 295-9006.

U.S. Army Medical Department Regimental Social

The social is July 29 at 5 p.m. at the AMEDD Museum. The guest speaker is retired Command Sgt. Maj. Adolph Arista. Cost is \$5, light snacks and refreshments will be provided. Call 221-0144 for information.

CI Recruiting Briefing

The U.S. Army Counterintelligence Special Agent Recruiting Team will hold a briefing Aug. 3 at 1 p.m. at Roadrunner Community Center, Building 2797. Call 533-2320 for information.

SRMC/BAMC Change of Responsibility

The Southern Regional Medical Command/Brooke Army Medical Center change of responsibility ceremony will be held Aug. 5 at 8 a.m. at MacArthur Parade Field.

WHMC Hematology/Oncology Clinic Move

The Wilford Hall Medical Center Hematology/Oncology Clinic will move to Brooke Army Medical Center Aug. 10-12. The clinic will move into Trailer 15, also known as the BAMC Annex. Hours of operation at BAMC will be Monday-Friday, 7:30 a.m. to 4:30 p.m. The Wilford Hall clinic will provide only essential care Aug. 10-12 as they move to BAMC. Walk-in patients, port access, and routine follow-up will not be accommodated during this time.

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Inaugural class graduates corpsmen "A" school

By Lisa Braun
METC Public Affairs

Ushering in a new chapter in the history of the Navy Hospital Corps, the Medical Education and Training Campus graduated its first class of corpsmen from the Basic Medical Technician Corpsman "A" school during a ceremony at Fort Sam Houston July 19.

For almost a century, Navy Hospital Corps School has been taught primarily at Naval Station Great Lakes, Ill. This graduation marks a new beginning for the Navy Hospital Corps.

"Today we graduate the first class of corpsmen who, for the rest of their careers, will look back to where it all began and will call that place San Antonio," said Capt. John Larnerd Jr., commanding officer, Navy Medicine Training Center.

"METC's motto is to produce the world's finest medicals, corpsmen and techs and today marks the beginning of that legacy. Our graduates today have trained in the most



Photo by Navy Ens. Jennifer Nestor

The first class of corpsmen to graduate from the Basic Medical Technician Corpsman "A" school, at the Medical Education and Training Campus, recites the Hospital Corpsman Pledge during their graduation ceremony. METC stood up in 2010 as a result of the 2005 Base Realignment and Closure Commission's decision to co-locate all enlisted medical training for Army, Air Force, Navy and Coast Guard.

sophisticated training environment ever brought to bear in medical technical training."

Larnerd recognized the instructors and staff of the school, praising them for the

many long hours spent preparing the students for this milestone. "You have molded and inspired this next generation of corpsmen and I hope you take pride in knowing that they

wouldn't be here today without the leadership and sacrifice that you have made to bring them to this point."

See METC, P14

Enlisted class first to receive college degrees for military training

By Esther Garcia
AMEDDC&S Public Affairs

Twenty-two enlisted service members made history as the first graduating class to receive civilian associate degrees for completing military training during a July 22 ceremony at Anderson Hall.

Students received their degrees in Applied Science in Respiratory Therapy from Thomas Edison State College after completing the Respiratory Therapy Program at Fort Sam Houston. This is also the first class of enlisted service members to receive college degrees through the Army

Medical Department.

The Respiratory Therapy Program was established in 1975 under the sponsorship of Brooke Army Medical Center. Phase I of the course was transferred to Academy of Health Sciences, Army Medical Department Center & School in 1986, while Phase II (Clinical) remained at BAMC.

This class will be the last to graduate under the Army Medical Department Center & School. The RT Program is now transferred to the Medical Education and Training Campus as part of the 2005



Photo by Esther Garcia

(From left) Col. Michael Pasquarella, chief, department of Medical Sciences, Army Medical Department Center & School, Harry Roman, program director, Interservice Respiratory Therapy Program, and Dr. Tom Devine, associate dean, Thomas Edison State College, congratulate honor graduate Pfc. Nina Mulargia with a Certificate of Achievement.

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News Briefs

from P3

502nd MSG/LMH Back to School Bash

Lincoln Military Housing officials invite all Fort Sam Houston housing residents to 502nd Mission Support Group commander Col. John P. Lamoureux' first Back to School Bash/Quarterly Town Hall meeting Aug. 11 from 6-8 p.m. the Main Resident Center, Building 407. Briefings will be conducted by MWR, the Fort Sam Houston Independent School District, Security Forces, Fire Department, Boy/Girl Scouts and more. Refreshments will be served along with visits by McGruff and Sparky. There will also be a bouncy castle, cotton candy and snow cones. LMH is providing raffle prizes and Families will receive a school supply bag of goodies as well. For more information, call 270-7638.

Mandatory TARP Training

Threat Awareness and Reporting Program training, formerly SAEDA, for Fort Sam Houston military, civilian and contract personnel will be held Aug. 15, 1-2 p.m. and 2:30-3:30 p.m.; Aug. 16, 8-9 a.m. and 10-11 a.m.; Aug. 17, 8-9 a.m. and 11:30 a.m.-12:30 p.m.; and Aug. 18, 8-9 a.m. and 10-10:40 a.m., in Blesse Auditorium, Building 2841. The mandatory training is conducted by 902nd MI Group Counterintelligence. Call 295-7749 for information.

IMCOM Ribbon Cutting and Open House

A ribbon-cutting ceremony and open house for the new Installation Management Command Community Campus will be held Aug. 19 at 9 a.m. at Building 2261, 2405 Gun Shed Road, near Stanley and Reynolds roads. The event is open to all Fort Sam Houston personnel. IMCOM oversees all facets of managing Army installations around the world. The headquarters was relocated to Fort Sam Houston as part of the 2005 Base Realignment and Closure actions.

Sergeant Major of the Army visits ARNORTH

By Staff Sgt. Keith Anderson
Army North Public Affairs

Sgt. Maj. of the Army Raymond Chandler III and his wife, Jeanne, visited service members, wounded warriors, and new recruits July 8-9 at Fort Sam Houston and U.S. Army North.

Chandler, who was sworn in March 1 as the 14th Sergeant Major of the Army, traveled to Fort Sam Houston to hear from service members and their families directly.

Chandler and his wife began the two-day visit with stops at Brooke Army Medical Center and the Center for the Intrepid, a rehabilitation, education and research facility.

"It's important to understand the issues Soldiers bring to the table so we may use it to better our policies, procedures and equipment," Chandler said. "One direct impact Soldiers made was the feedback we got to change the standard garrison head gear

back to patrol caps."

Pfc. Keenan Almeida, a wounded Soldier from Niles, Mich., was one of the Soldiers that Chandler and his wife visited at BAMC. Almeida was burned during a rocket attack in Iraq.

"It just made me feel better inside knowing he took the time to talk to us individually," said Almeida. "It really does improve the morale of Soldiers that are healing when they see the commitment of top-level leadership."

After visiting the CFI, Chandler traveled to Army North to visit Lt. Gen. Guy Swan III, commanding general, U.S. Army North, walk through the historic Quadrangle, and meet service members.

The Army's top enlisted leader took time to talk with Soldiers in Army North's Combined Operations and Intelligence Center in the Quadrangle. Personnel in the

See ARNORTH, P8



Photo by Sgt. 1st Class Manuel Torres-Cortes

Sgt. Maj. of the Army Raymond F. Chandler III, and his wife Jeanne, visit with Pfc. Keenan Almeida, a wounded Soldier from Niles, Mich., during a visit to Brooke Army Medical Center July 8. Almeida was being treated for burns after a rocket attack on his quarters in Iraq. Chandler also visited the Center for Intrepid, a state-of-the-art rehabilitation facility to treat amputees and burn victims, U.S. Army North and the Military Entrance Processing Station during his visit to Fort Sam Houston.



Photo by Lori Newman

Col. Erik Torring, commander of U.S. Army Veterinary Command Headquarters, and Command Sgt. Maj. William Applegate case the VETCOM colors during a ceremony July 22 at the Fort Sam Houston flagpole.

VETCOM from P1

The six regional commands include Great Plains Regional Veterinary Command here along with Western, North Atlantic, Southeast, Pacific and Europe regional Veterinary Commands.

VETCOM's more than 1,900 personnel include veterinarians, warrant officers, enlisted Soldiers and civilian employees who provide a variety of services including:

- Food protection and quality assurance;
- medical and surgical care to government-owned animals such as military working dogs and ceremonial horses for the DOD and other organizations;
- surveillance and control of zoonotic and transmissible animal diseases; and
- care of pets owned by active duty and retired service members.

In 2010, VETCOM combine forces with the U.S. Army Center for Health Promotion and Preventive Medicine to create the USAPHC. After 17 years of faithful service, VETCOM will be discontinued Jan. 4, 2012.

"Although VETCOM inactivates,

its crucial mission of providing a full spectrum of veterinary services across the Department of Defense will continue as an integral part of the mission of the Public Health Command and Army medicine," Adams said.

Adams praised Torring for shepherding VETCOM through the transition and thanked the VETCOM workforce and family members for their service and support.

"Today's ceremony and the casing of VETCOM's proud colors is symbolic of the closure of a significant chapter of Army Veterinary Corps and Army Veterinary Service history," Torring said.

"It's a bittersweet day for me, for those on the field and for many Soldiers and civilians, past and present, who have proudly served as part of the U.S. Army Veterinary Command."

Torrington addressed the Soldiers and civilians of VETCOM saying, "thank you for being the heart and soul of this command and for doing everything asked of you. You have always held VETCOM's mission, it's Soldiers and those we serve at the forefront of everything you have done."



Photo by Col. Jane E. Crichton

Maj. Gen Simeon Trombitas makes opening remarks during the U.S. and El Salvador Army Staff Talks in San Salvador July 20. El Salvadorian army Brig. Gen. Cesar Acosta is at right. He followed Trombitas with his opening remarks.

ARSOUTH, El Salvadoran army agree on bilateral activities for coming year

By Col. Jane E. Crichton
ARSOUTH Public Affairs

U.S. Army South and the El Salvadoran army completed annual Staff Talks here July 21 with the heads of the delegations signing the approved agreement covering bilateral activities for the next year.

"I'm very pleased with the results of these Staff Talks," said Maj. Gen. Simeon G. Trombitas, commander of Army South and head of the U.S. delegation.

"The approved exchanges and activities for the next year will help both of our armies expand our capabilities and interoperability. We continue to raise our partnership and cooperation to the strategic level."

Brig. Gen. Cesar Adonay Acosta Bonilla, El Salvadoran army chief of staff and army commander, echoed Trombitas' remarks.

"These Staff Talks are of great importance to us," Acosta said. "This is the fifth year we have done this and we've dealt with important issues for both countries."

Acosta went on to say that the El Salvadoran army not only feels satisfied with the results of the talks but also feels very proud to have these talks with a professional army such as the U.S. Army.

"I believe that these Staff Talks help strengthen and enhance our relationship with Army South in such a way that we can better address the problems

that we face," Acosta said.

The Staff Talks were the culmination of several months of work by officers from both armies to develop the activities that were approved by Trombitas and Acosta at the end of the talks. A total of 13 activities were approved of which 10 will be executed.

According to Orlando Fernandez, representative for Headquarters, Department of the Army, staff talks are one of the means by which the Army ensures operational success with our allies.

"We conduct staff talks to ensure that our allies can function seamlessly with us in

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502nd Air Base Wing Quarterly Award Recipients



Junior Enlisted Member
Air Force Senior Airman Eric Plack
902 CPTS

Non-commissioned Officer
Air Force Tech. Sgt. Jessica Gilbert
502 JA

Senior Enlisted Member
Air Force Master Sgt. Candace Davis
802 SFS

Company Grade Officer
2nd Lt. Jetha Taylor
902 CONS

Civilian Wage Grade
Jerry Wilson
902 MSG

Civilian Non. Sup. Cat. I
Karen Allen-Mirabeau
802 FSS

Civilian Non. Sup. Cat. II
Audrey Jolivette
802 FSS

Civilian Non. Sup. Cat. III
Susan Lopez
902 CS

Civilian Supervisory Cat. I
Stephen Thompson
802 FSS

Civilian Supervisory Cat. II
Kenneth Langley
902 LRS

WOUNDED WARRIOR PROJECT COORDINATOR VISITS CFI



Photo by Ben Gonzales

Juan Arredondo speaks with (from left) Debbie Leisenring, Brenna Larson, Brig. Gen. Stephen Leisenring and Dr. Rebecca Hopper at the Center for the Intrepid July 26. Arredondo, a warrior outreach coordinator with the Wounded Warrior Project, visits American service members at the Center for the Intrepid to help them transition back to a military career or to a civilian life. Arredondo was injured in an improvised explosive device attack in 2005 while on patrol in Iraq that severed his left arm and injured both his legs. Hopper is the program manager for the Center for the Intrepid. Leisenring is the commanding general of the Mission and Installation Contracting Command.



Photo by Sgt. 1st Class Manuel Torres-Cortes

Sgt. Maj. of the Army Raymond F. Chandler III serves up an omelet he just made to a wounded warrior July 9 at the Warrior and Family Support Center. Chandler spent the morning cooking omelets for wounded Soldiers for breakfast and afterwards visited single Soldiers to discuss important topics of today's military. Chandler also visited the Center for Intrepid, a state-of-the-art rehabilitation facility to treat amputees and burn victims, as well as Brooke Army Medical Center, U.S. Army North and the Military Entrance Processing Station during his visit to Fort Sam Houston.

ARNORTH from P4

COIC monitor threats and ongoing civil support operations around North America 24-hours a day.

"It was great to see the Army's highest enlisted leader recognize the noncommissioned officers in the COIC," said Sgt. 1st Class Peter Villa, operations NCO, Army North. Villa was one of several NCOs presented with challenge coins for excellence by the Sergeant Major of the Army.

Next, Chandler visited the Military Entrance Processing Station at Fort Sam Houston, where he presented coins to new recruits and visited with MEPS personnel.

"It's my honor to be in the presence of you young Soldiers, who have selflessly joined our ranks in a time of war, after Sept. 11, knowing there is a good chance that you could fight our nation's wars," he said to the recruits.

He then visited the Caisson section Soldiers that perform military

funerals at Headquarters and Headquarters Company, Fort Sam Houston Army Support Activity, and was shown the large French draft horses in the Caisson stables. The horses, all of the breed known as "Percheron," pull the Caisson in funeral ceremonies and are named after previous Sergeants Major of the Army.

When he asked if they had a horse named after retired Sgt. Maj. of the Army Kenneth Preston, he was told that the horse had to be replaced. Chandler suggested also naming the new replacement horse after Preston.

Afterwards, Chandler met with command sergeants major from around Fort Sam Houston in the Texas Room at the Quadrangle for a senior enlisted leadership meeting.

The same day, his wife Jeanne toured and visited with representatives from military programs throughout Fort Sam Houston, to include Army Community Service and Family

Advocacy, and met with individuals from various Family Readiness Groups to discuss hot topics such as day care, health care, and job and educational opportunities for spouses.

That evening, Chandler and his wife went to the commanding general's community leaders' social at the Preston House. Attending the social were various community and military leaders from San Antonio.

The next morning, Chandler and his wife cooked breakfast for wounded warriors at the Warrior and Family Support Center. Chandler made omelets, one of his favorite breakfasts, for Soldiers.

"I just had a young man come up to me and say that he couldn't believe the SMA was here," said Judith Markelz, program manager, WFSC, during the breakfast. "The young man said to me, 'Now he has validated what I did.'"

Under Secretary Begins Visit to Central and South America

By Col. Jane E. Crichton
ARSOUTH Public Affairs

The Under Secretary of the Army began his visit to Central and South America yesterday visiting with service members assigned to Joint Task Force Bravo (JTF-B), Soto Cano Air Base, Honduras.

Dr. Joseph W. Westphal spent the day touring JTF-B facilities and meeting with service members. He received briefings on the mission and capabilities of JTF-B and Army units stationed at JTF-B. Westphal also viewed new and ongoing construction at the base and received information on Fiscal Year 12 construction projects.

As Westphal visited with JTF-B service

members he asked what he could do to help them and asked what they thought about the mission of JTF-B. He explained that his role as the Under Secretary and Chief Management Officer of the Army was to ensure that they were prepared and equipped to do their mission.

"I am the Chief Management Officer of the Army," said Westphal. "As such, all of the business operations, all of the functions of the Army to train, equip and deploy Soldiers to the combatant commanders is the job that I do."

Westphal asked service members if the equipment and facilities they had allowed them to do their mission effectively and if not, what



Photo by Col. Jane E. Crichton

The Under Secretary of the Army, Dr. Joseph W. Westphal, receives a tour of the medical facilities at Joint Task Force Bravo, Soto Cano Air Base, Honduras, July 24.

did they need to ensure mission success.

Westphal's stop at JTF-B was just the be-

ginning of a week-long visit to the region. In addition to visiting Soldiers and seeing firsthand the

work the Army is doing in the region to enhance hemispheric security and stability, Westphal will

also visit with Ambassadors and key partner nation military leaders in each country he visits.

PHC from P1

erdeen Proving Ground; five public health regional commands, three in the continental United States and two overseas and 14 public health districts.

"As we continue to finalize our transformation these ceremonies allow us to honor our Army traditions and capture a new history as a unified Public Health Command," Adams said.

"Today we bid farewell to Lt. Col. Kelly Halverson, an outstanding officer and dedicated leader, and welcome Lt. Col. Deydre Teyhen, another officer of proven ability, who will carry forward the critical mission of the Public Health Command-South."

Adams praised Halverson for his leadership during the transformation.

"You have no doubt

set the conditions that will enable continued success for the command."

The general then addressed Teyhen, "Deydre when you accepted the guidon it placed Public Health Command-South in the hands of a competent and experienced leader. I have full confidence that you will take this outstanding team of public health professionals to new heights."

Adams also thanked the members of the command saying, "You have all demonstrated exceptional poise and calm through massive change. It was no small undertaking, and it was only through a unified effort by many that we were able to get where we are today."

"I couldn't be prouder of the work you all do every day for this Army, the Department of Defense and our great

nation. It is my honor to be part of such a professional and dedicated team," Adams concluded.

"When I arrived two years ago, the command was in the final stages of the BRAC move from Fort McPherson, Ga. to Fort Sam Houston, Texas," Halverson said.

"From day one, I was impressed with the enthusiasm and the loyalty present in each individual of the command. Despite being in transition for over two years, the command maintained a steadfast mission focus."

Halverson highlighted a few of the accomplishments of PHCR-South such as the expansion of a mosquito surveillance program; the establishment of a regional Industrial Hygiene manager to ensure standardization of occupational health data; and the increased number of water vulnerability assessments, hazardous

waste assessments and sanitary surveys completed this year.

The field preventive medicine division developed a quick-reference guide for deploying preventive medicine in units. This guide is now the standard across the entire Public Health Command, Halverson said.

"Although the Public Health Command Region-South may have a new name the organization represents a long legacy of excellence," Teyhen said.

Teyhen explained the Army Surgeon General's vision to move from a sick-care paradigm to a paradigm of health.

"This means that we need to move from a health care system to a system of health," she said.

"This mandate for change represents a very exciting opportunity for



Photo by Lori Newman

Brig. Gen. Timothy K. Adams (right), commander, U.S. Army Public Health Command passes the new colors to the incoming region south commander Lt. Col. Deydre Teyhen during a ceremony July 21 at the Fort Sam Houston flagpole.

Public Health Command Region-South. There's a lot of options we can do to help prevent the incidents and severity of disease and non-battle injuries," Teyhen said.

"It is our charge to optimize health and promote wellness across the

southern region. In order to achieve that goal, we need to ensure that we become the epicenter of health knowledge in our region by leveraging our resources, colleagues and partners in this new public health enterprise."

WNBA players visit kids, warriors at FSH

By L.A. Shively
FSH News Leader

A gaggle of kids, some sitting cross-legged while others draped themselves over basketball bean bags at the Keith A. Campbell Library, waited anxiously to hear a story read to them from a famous athlete.

At the same time, across post at the new Fort Sam Houston Fitness Center in the Medical Education and Training Campus, kids warmed up and practiced dribbling or shooting baskets while waiting

to get tips on playing basketball from a professional.

As players entered the library and gym, the kids' excitement meters topped out with cheers and applause.

Basketball players from the Women's National Basketball Association, in San Antonio for the 2011 WNBA All-Star Game, took time out from their rigorous schedules to spend the morning with children at Fort Sam Houston July 22.

After visiting with the children, players met and worked out with wounded warriors at

the Center for the Intrepid.

"It's such a great opportunity to connect with the community, children especially," said Maya Moore, a small forward for the Minnesota Lynx, who played for the West in the All-Star matchup.

"This is a great opportunity to have world-class athletes come in and help us show kids that reading is important," agreed Col. John Lamoureux, commander, 502nd Mission Support Group.

Lamoureux said that the players will leave a lasting impression. He said he discovered the Army and flying through books.

"People who are professionals and very successful in their own right, and who believe in reading, shows the kids that reading is important and helps you make something of yourself."

"When you're a child you have role models you look up to whether you realize it or not. They can sometimes set the habits – the things that you end up loving," Moore said. "That's what made me want to play basketball."

"It's inspirational for them

to be encouraged to read and do motivational things like play sports and see their role models do the same thing," explained Navy Chief Hospital Corpsman A.J. Ferdinand, whose two children attended the reading at the library.

"Reading exercises the mind, so increases vocabulary and self esteem."

Over at the gym, 11-year-old Aleisha Whitaker concentrated hard to make sure she was doing the exercises correctly and focused like a laser beam when one of the basketball players shared tips on playing the game.

Whitaker said she plans to become a professional basketball player.

"I saw a game one time and I tried it. After that I just got more into it, then I started practicing more and got a



Sgt. Kendra Coleman, wounded in Afghanistan by a roadside bomb, does stomach crunches with Cappy Pondexter.



Aleisha Whitaker practices her dribble technique.

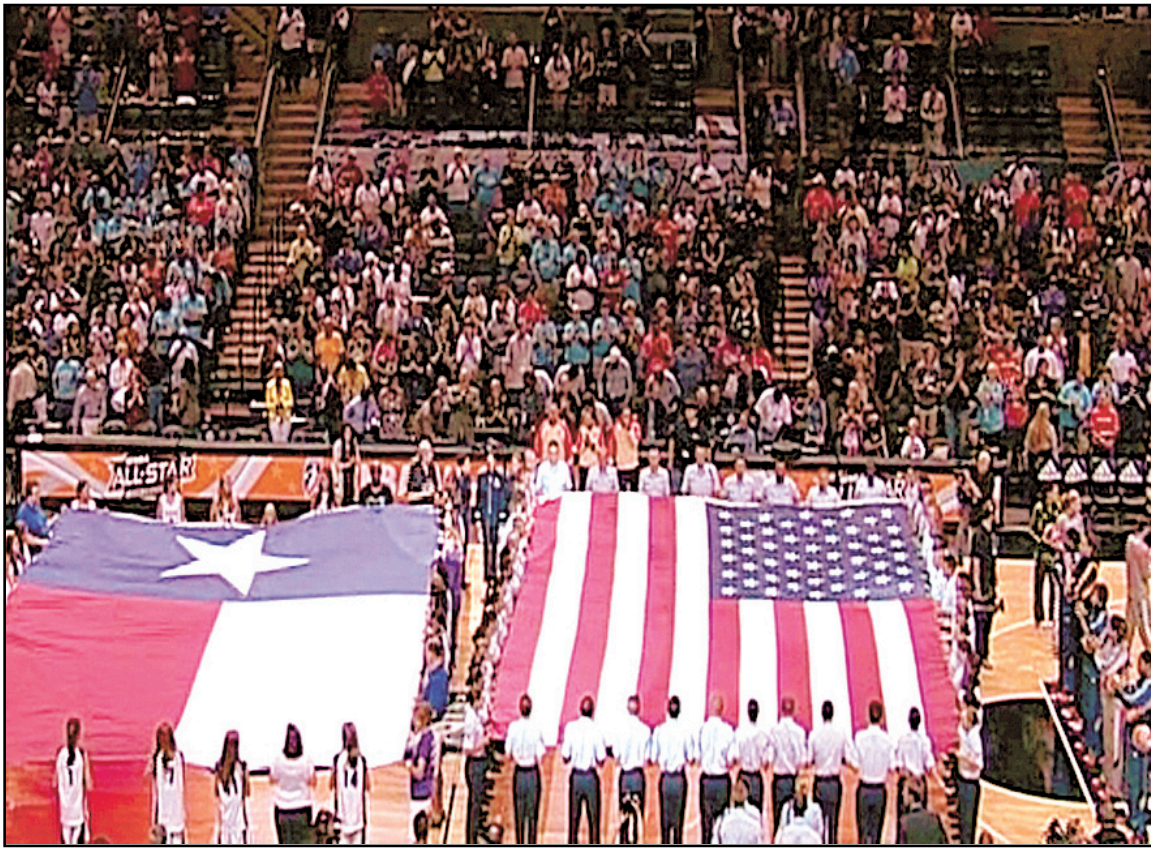


Photo by Evan Maxwell

Military members hold the U.S. flag and the Texas flag on the floor just prior to the start of the 2011 Women's National Basketball Association All-Star Game in San Antonio.

little bit better – I hope to be like one of them one day.”

Over at the CFI, wounded warriors took time from their workout to demonstrate many of the kinds of exercises they use in recovery.

Cappy Pondexter, a top scorer with the New York Liberty, who represented the East in the All-Star Game, worked up quite a sweat in a short time. She said she was surprised at the intensity of the workout.

“We didn’t know that on the outside looking in and it was a great experience. I salute them,” she said.

“It’s not every day do we get to have other athletes come and do exercises with us,” said Sgt. Victor Munoz, injured in a vehicle accident in Germany. They get a glimpse of what we do every day. All wounded warriors are athletes in our own way. To see them exercise and give it 100 percent is pretty cool.”

Staff Sgt. Marcia Morris-Roberts won silver at the 2011 Warrior Games in sitting shot-put. She lost a leg, a finger and a toe after devel-

oping frostbite, a complication from lupus caused by sleeping in unheated quarters in Tennessee.

She said she really enjoyed watching the players work out with the warriors.

“I think it’s terrific,” Morris-Roberts said enthusiastically. “If I could jump hoops I’d be right there with them on the court, giving them heck.”

Instead, Morris-Roberts is planning on competing in the sport of rollerblading. “I’m having a special prosthetic made!”

Bringing the WNBA on post gives those who have no knowledge of the military a new perspective Lamoureux explained.

“It brings awareness to not only the installation, but to what we do for families. In the bigger scheme of things, it was the first time for some of our guests to be on a military installation. We can educate the American people about who we are and what we’re all about.”



Photos by L.A. Shively

Col. John Lamoureux, (in uniform) commander, 502nd Mission Support Group cheers on guests at the Keith A. Campbell Library, before they begin reading stories for children. Members of the Women's National Basketball Association, in San Antonio for the All-Star Game, visited children and wounded warriors on Fort Sam Houston.



Kids enjoy listening to Maya Moore, Rebekka Brunson and Laurel Ritchie read.

ARSOUTH from P6

any number of situations,” he said.

In addition to finalizing plans for next year’s engagements, the Staff Talks also allowed the delegates to exchange professional information and strengthen personal ties.

Lt. Col. Diane Roberts and Lt. Col. Ralph Huber from the New Hampshire National Guard attended the Staff Talks to share information on National Guard capabilities and continue to build upon their state’s more than 10-year relationship with El Salvador.

New Hampshire is a state partner with El Salvador as part of the State Partnership Program established by the National Guard Bureau to link states with partner nations worldwide.

According to Maj. Gen William N. Reddel, III, Adjutant General for the state of New Hampshire, the partnership between the state and El Salvador has been a “rich and mutually beneficial experience.”

“Our relationship, which began through exchanges of military-

to-military encounters, has expanded to include assistance through governmental organizations and civilian institutions,” he said. “In itself, the state partnership program exemplifies the community connection that our citizen Soldiers and airmen are committed to supporting.”

At the request of the El Salvadoran army delegation, Huber, the deputy joint operations officer for NHNG, provided a presentation during the Staff Talks on NHNG capabilities and local response to natural disasters. The delegates also received briefings on bilateral and multilateral initiatives concerning security challenges in Central America, and the role of the El Salvadoran army in public security from El Salvadoran delegates.

The Staff Talks set the course for another year of successful cooperation and partnership for the U.S. and El Salvadoran armies.

“I believe our armies understand each other very well which enhances our capability to work together in order to benefit world peace,” said Acosta.

AMEDDC&S from P3

Base Realignment and Closure.

Originally designated as the 68Victor, or respiratory specialist course, today’s Interservice Respiratory Therapy Program was developed in response to changing accreditation requirements. With greater and more frequent advances in technology and increased responsibilities required of the respiratory care provider, it was imperative the program keep pace.

“The curriculum was revised and updated to meet new accreditation standards of the profession. The (training) was extended by eight weeks and includes nine semester hours of general education courses taught through Thomas Edison State College,” said Harry Roman, program director for IRTP.

In order to receive their degrees, graduates completed a rigorous curriculum of 320 hours of general education; 180 hours of basic medical preparation; and 640 hours of respiratory anatomy and physiology, medical gas therapy, airway management,

pulmonary function studies, mechanical ventilation, and pulmonary pathophysiology.

After classroom training, students spent 16 weeks in a clinical setting at BAMC performing respiratory therapy procedures.

Roman said all students are scheduled to take the certification examination by the National Board of Respiratory Care, a requirement to enter the profession.

“This is the right thing to do – graduate with an associate degree and be fully certified respiratory therapists after you pass your tests,” said Col. Michael Pasquarella, chief of Medical Sciences, AMEDDC&S, who helped develop the program.

“This credential opens many doors and offers many great employment opportunities to our graduates.” Roman said.

“This (training) got me jump started and got me moving,” said Spec. Marty Dagostino, an Army reservist from Minnesota who lives and works in Utah as a nurse. After his certification examination, Dagostino said he plans to get a bachelor’s in respiratory therapy.

METC from P3

The 134 new corpsmen completed an intense, 12-week introductory medical training program that commenced in April. Courses included cardiopulmonary resuscitation, basic Emergency Medical Technician, corpsman fundamentals and introduction to nursing.

Hospital Corpsman Master Chief Barry Moore, former METC command master chief, was the guest speaker for the ceremony. Moore encouraged the graduates to strive for success.

“Every graduate in the audience should have ambitions to be successful in their personal life and professional career,” he said. “Whatever your

destiny, the leadership tools you received in (Hospital Corpsman) ‘A’ School will play a pivotal role in your success.”

METC stood up in 2010 as a result of the 2005 Base Realignment and Closure Commission’s decision to co-locate all enlisted medical training for Army, Air Force, Navy and Coast Guard.

It is the world’s largest military medical training institution, projected to have about 8,000 students enrolled on any given day and will administer 64 medical training programs when it becomes fully operational in September of this year.

For more information about METC go to <http://www.metc.mil>.

Edwards Aquifer Level

in feet above sea level
as of July 27

CURRENT LEVEL* = 643.0'

*determines JBSA water conservation stage

Normal - above 660'

Stage I - 660'

Stage II - 650'

Stage III - 642'

Stage IV - 640.5'

Stage V - 637'



Hay is for kids at Horse Camp

By Deyanira Romo Rossell
502 FSS Marketing

Obstacle courses are usually for horses, but this summer at the Fort Sam Houston Equestrian Center corral, they are also for unsuspecting kid campers.



Alesandra Priest feeds Gracie a carrot she fished out of the muck bucket after successfully finishing a messy obstacle course.

While the horses looked on, 26 children with School Age Services were lead into the horse corral to compete in an obstacle course set up just for them. The campers quickly hit the hay in a race through the muck toward a

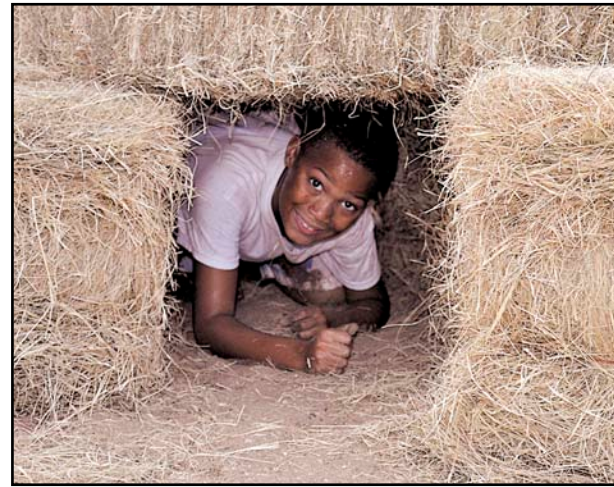
bucket full of carrots.

The winners were the horses who got a scrumptious carrot every time the kids finished the course.

"We just started this obstacle course for the kids," said Cindy Tripoli, Equestrian Center manager and the mastermind behind the idea. "They get really wet and muddy and just love it!"

The challenge included a mound of dirt, a sprinkler, then a bale of hay, followed by another sprinkler, then a low crawl under a tunnel made of hay bales and finally slopping around in the muck bucket looking for carrots.

"The bucket looks really gross, but it's really just hay and horse feed, that they have to



Photos by Deyanira Romo Rossell

Jerry Diggs low crawls his way out of the hay tunnel in the Fort Sam Houston Equestrian Center obstacle course.

dig through to get to the carrots," said Carin Gesell, a riding instructor at the Equestrian Center.

The horses, with their heads sticking out of their stalls anxiously awaited the treats provided by the children, who went to great

lengths to get the carrots to them.

"This is so much fun!" said 10-year-old Brianna Spillman, plucking hay out of her hair.

"They love it," said Lola Casanova, a camp counselor with SAS. "They are city kids, so they need to be out-

doors. This is great."

Three camp counselors on the field trip also tackled the obstacle course. Splattered with mud and hay, they were almost as happy as the children to break out of the routine and literally get a "taste" of the country.

After the obstacles course, the kids took turns riding horses and enjoyed a tour of the Equestrian Center in a horse trailer. Every day of the week about 25 kids from SAS visit the Horse Camp.

The Equestrian Center also offers after-school activities during the school year through the EDGE! program, SAS and the Exceptional Family Member Program.

For more information on summer camps at the Equestrian Center call 224-7207.

Force Support Squadron

Family & MWR

Announcements

Scuba Classes for Kids
The EDGE! Program offers scuba classes for children Monday-Friday, Aug.8-19 from 9-noon at the Fort Sam Houston Aquatic Center. Call 221-0497.

SKIESUnlimited Soccer
A soccer clinic will be held Aug. 1-5 from 9 a.m.-noon for children

ages 6-18 years old. The cost is \$150. Wee Soccer will be held Aug. 12, 19, 26 and Sept. 2 from 9-10 a.m. for children ages 4-5. The cost is \$20 per child. Call 221-3381 or 771-2148 for information.

Before and After School Care
Registration is underway at Parent Central, 2010 Stanley Road, Building 2797. Call 221-4871 for information.

Driver's Education Course
Classes for children ages 14-18 are Monday-Friday, until Aug. 8 from 5 -7 p.m. at Family Childcare,

POST LIFEGUARDS PUT SKILLS TO THE TEST



Photo by Dave Waugh, Aquatic Center Supervisor
Lifeguards Cory Scheaffer, Michael Zoll, Katherine Nations and Morgan Oliver competed against 18 other teams in the Central Texas Lifeguard Competition July 18 at the Landa Park Aquatic Complex in New Braunfels.

Modular 1630-A, Sultan Road. Register at Army Community Service, Building 2797, 2010 Stanley Road. Students must provide a verification of enrollment form from their school. Call 221-4871.

Junior Golf Clinic
Register now for junior golf clinic held Aug. 8-12 from 9-11 a.m. at the Fort Sam Houston Golf Club, 1050 Harry Wurzbach Road. Cost is \$100 per student. Call 222-9386.

Story Time at the Library
The Keith A. Campbell Memorial Library invites parents with toddlers and preschool age children to story time Thursdays at 10 a.m. for stories, singing and arts and crafts. Call 221-4702.

Camp Bullis Archery Permit
Archery permit will be on sale July 29. There is a limited number of tickets left for those who want to be entered in the area selection drawing Aug. 6 at 9 a.m. at the Camp Bullis Outdoor Recreation Center. Active duty, retired, Reserve, National Guard, DOD civilian, and disabled veterans with DOD ID cards must have a valid Texas hunting license and a hunter education card to purchase an archery permit. For more information and to scout archery areas check in at the Camp Bullis Outdoor Recreation Center from 8 a.m.-3:30 p.m. or call 295-7529/7577.

Harlequin Dinner Theatre
“Let’s Twist Again” runs Thursday to Saturday through Aug.13

Movie Schedule

Aug. 12, “Source Code,” rated PG-13 at the flagpole

Aug. 13, “Beastly,” rated PG-13 at Dodd Field

Aug. 26, “I am Number Four,” rated PG-13 at the flagpole

Aug. 27, “Gnomeo and Juliet,” at Dodd Field

at the Harlequin Dinner Theatre. Dinner served at 6:30 p.m. with an 8 p.m. curtain. Call 222-9694.

Operating Rising Star
Contestants can enter this singing contest for U.S. Military personnel and Family members by Aug. 12. Contest is Aug. 18 at 7 p.m. at the Hacienda Recreation Center, Building 1462 at the corner of Garden and W.W. White Road. Call 224-7250 for more information.

Microsoft Office Classes
July 28 – Access Level 2
Aug. 2 – Introduction to Computers
Aug. 3 – Word Level 1
Aug. 4 – Excel Level 1
Aug. 9, 10 and 11 – no classes are scheduled
Classes are held at the Roadrunner Community Center, Building 2797 from 8 a.m.-noon. Registration is required. To register, call 221-2518/2705.

Central Post Gym
The Central Post Gym is closed until November for renovation.

32nd Medical Brigade Gym
The Brigade gym is open Monday-Friday, 5 a.m.-9 p.m., closed weekends and holidays.

Men and Women's Intramural Sports
Coaches and players are needed for flag football, basketball, soccer and softball. Register at the 32nd Medical Brigade Gym, Building 1281, Garden Road. Call 221-3003 for information.

Evening Zumba Classes
Classes are held at 5 p.m. Tuesday through Thursday at the Fort Sam Houston Fitness Center, 3569 Williams Way, Building 1369. Call 313-8727 for information.

Calendar of Events

July 28
Trails & Tales of Fort Sam Houston
Meet at the Roadrunner Community Center, Building 2797, at 9 a.m. and enjoy ghost haunts to high tech centers on this tour of historic post sites. The tour lasts until noon. Military and civilian ID cardholders only. Registration is required. Call 221-1628/2705.

Battlemind Pre-Training for Families
The class is 12:30-2:30 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Safety Seat Clinic
The clinic is 1-3 p.m. at the Auto Craft Shop, Building 2410

Funston Road. Registration is required and the child must be present for weight and height measurements. Call 221-0349.

Punch and Judy Puppet Show
A puppy show will be held 1-4 p.m. at the Keith A. Campbell Memorial Library, 2601 Harney Road, Building 1222. Call 221-4702.

July 29
Baby Proofing Your Marriage
The class is 11 a.m.-1 p.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

July 30
Ten Mile Team Run Off
The run will begin at 6:30 a.m. at McAllister Park. Individuals who would like to qualify for the Fort Sam Houston Travel Team, call 385-8248 for information. The final names will be submitted by Aug. 2 for travel orders.

Aug. 1
Bank Account Management
The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

Aug. 2
H.U.G.S. Playgroup
This playgroup for parents and children up to age 5 meets Tuesdays, 9-11 a.m. at the Middle School Teen Center, Funston Road.

Unit Family Readiness
The training is 10-11 a.m. at



Tobacco Quit Line

The Wilford Hall Tobacco Quit Line research study is available to active duty members, Reserve, Guard, retirees and dependents. This research study aims to assess the effectiveness of a tobacco quit line in the military. The research project includes telephone counseling sessions and nicotine patches at no cost to the participant. Call 1-877-726-6211 for information.

Defend Your Heart Research Study

The Center for Nutrition Research is conducting a process evaluation of a web-based nutrition education program to reduce cardiovascular disease risk among

DOD beneficiaries. Must be active duty, retired and family member over the age of 18, have elevated total blood cholesterol above 200 mg/dL and elevated LDL above 100 mg/dL, currently not taking cholesterol lowering medications and do not have a pacemaker. If qualified, you will receive a blood pressure, body composition and lipid profile. Call 221-6274 or 719-310-6708 for information.

Cloverleaf Communicators Club

The Cloverleaf Communicators Club is open to military, family members and civilians who are interested in developing or enhancing their leadership and communications skills. Meetings are held the first and third Thursday of every month 11:45 a.m.-1 p.m. at San Antonio Credit Union, Stanley Road, in the conference room. Call 916-3406 or 221-8785 for information or visit <http://powertalkinternational.com/>.

Toastmasters Club

The club meets the second and fourth Wednesday of every month noon-1 p.m. in the Joint Program Management Office conference room 1A, Building 4196. Call 663-4814 or 850-420-1610 or visit <http://www.futurespeakers.freetoasthost.org>.

Van Autreve Sergeants Major Association

The SMA Leon L. Van Autreve Sergeants Major Association meets the third Thursday of each month at 5 p.m. at the Longhorn Café, 1003 Rittiman Rd. All active duty, Reserve, National Guard and retired sergeants major are invited and encouraged to attend. Call 221-0584 or 889-8212 for information.

Sergeant Audie Murphy Club

The SMA Leon L. Van Autreve Chapter of the Sergeant Audie Murphy Club meets the third Thursday

of each month at noon in the Men's Card Room at the Fort Sam Houston Golf Club. All Sergeant Audie Murphy or Sergeant Morales members are invited and encouraged to attend. Call 808-5194.

Diabetes Study

Do you have Type 2 diabetes? Are you overweight? You may be a candidate for a research study entitled, "Sleeve gastrectomy versus medical management for remission of diabetes in mild to moderately obese patients." Candidates must be military medical beneficiaries (retired and family members of active duty and retired), 18-65 years old, diagnosed with Type 2 diabetes and on medication. Active duty personnel are unable to participate. Call 292-2210 for information.

Lost Property

If you have lost any property on Fort Sam Houston, call 221-2340.

REMINDER CALENDAR

July 28 Consolidated Monthly Retirement Ceremony, 9 a.m., Quadrangle

July 29 U.S. Army Medical Department Regimental Social, 5 p.m., AMEDD Museum

Aug. 5 SRMC/BAMC Change of Responsibility Ceremony, 8 a.m., MacArthur Parade Field

Aug. 5 Texas Hold'Em Tournament, 6-10 p.m., Sam Houston Club

Aug. 6 Post Flea Market, 7 a.m.-1 p.m., MacArthur Pavilion

Aug. 11 Back to School Bash/LMH Residents Quarterly Town Hall Meeting, 6-8 p.m., Main Resident Center

Aug. 13 Back to School Bash, 10 a.m.-1 p.m., Keith A. Campbell Library

To claim items, you must have a form of photo identification and be able to identify the property.

Calendar of Events

Aug. 6
BAMC Auxiliary Incoming Spouses Orientation
The Brooke Army Medical Center Auxiliary presents Incoming Spouses Orientation from 9:30

a.m. to 2:30 p.m. Meet people who share the same background, tour BAMC/Center for Intrepid/Fisher Houses/Wounded Family Support Center, receive information about San Antonio life and resources offered at Fort Sam Houston and learn about the programs and services offered by the BAMC Auxiliary. Limited seating. RSVP to programs@bamcauxiliary.org or 290-9167 by July 31.

MWR from P16

the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Baby Talk

This new parent support group meets Tuesdays, 1-2:30 p.m. at Dodd Field Chapel. Call 221-0349/0655.

Budget Development

The class is 2-4 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-2380.

Aug. 3 Basics of Breastfeeding

The class is 10 to 11:30 a.m. at the Roadrunner Community Center, Building 2797. Call 221-0349.

Stress Management

The class is 11 a.m.-1:30 p.m. at the Red Cross, Building 2650. Call 221-0349.

Mandatory Initial First Term Financial Readiness

The class is noon-2 p.m. at the Education Center, Building 2248. Class space is limited. To register, call 221-1612.

Virtual Family Readiness Group

The group meets 2-3 p.m. at the Roadrunner Community Center, Building 2797. To register, call 221-1829/0946.

Aug. 5 Texas Hold 'Em Tournament

The tournament is 6-10 p.m. at the Sam Houston Club, Building 1395 Chaffee Road. Cost is

\$20 per person, which includes unlimited soft drinks and dinner. Patrons must be 18 years old to play and 21 years old to purchase alcohol. Register by event day. Call 224-2723.

Aug. 6 Post Flea Market

The flea market is 7 a.m.-1 p.m. at the MacArthur Parade Field pavilion on Stanley Road. Open to the public. Call 221-

5224/5225 for information.

Aug. 13 Back to School Bash

The event is 10 a.m. to 1 p.m. at the Keith A. Campbell Memorial Library. Strap on your backpack and stuff it with school supplies. All MWR patrons and DOD ID cardholders are invited to enjoy free food and entertainment. Call 221-2307.

Rocco Dining Facility Menu

Building 2745, Schofield Road

*Dining Room Breakfast Hours:
Monday-Friday 6:15-8:15 a.m.,
weekends and holidays 8-9:30
a.m.*

Friday – July 29

Lunch – 11 a.m. to 1 p.m.

Chicken gumbo soup, cream of potato soup, jaegerschitzel with mushroom gravy, baked breaded catfish, chicken cordon bleu, grilled citrus chicken breasts, vegetable stuffed peppers, noodles Jefferson, German potato griddle cakes, macaroni and cheese, peas and celery, red cabbage with sweet & sour sauce, corn on the cob, parsleyed egg noodles

Dinner – 5 to 7 p.m.

Bombay chicken, barbecued beef cubes, grilled pork chops, red beans and rice, oven browned potatoes, steamed rice, honey Dijon vegetables, yellow squash

Saturday – July 30

Lunch – noon to 1:30 p.m.

Beef noodle soup, cream of mushroom soup, Greek lemon turkey pasta, tropical baked pork chops, Cajun catfish fillets, mashed potatoes, macaroni and cheese,

hopping john rice, cauliflower, collard greens

Dinner – 5 to 6:30 p.m.

Herb baked chicken, meat loaf, baked stuffed fish, baked manicotti with sauce, rice pilaf, potato au gratin, asparagus, carrots

Sunday – July 31

Lunch – noon to 1:30 p.m.

Vegetable soup, cream of broccoli soup, orange chicken stir fry, hamburger yakisoba, vegetable egg rolls, vegan pierogy, spaghetti with meat sauce, steamed rice, mashed potatoes, green beans with mushrooms, vegetable stir fry

Dinner – 5 to 6:30 p.m.

Lemon baked fish, steak ranchero, hamburgers, cheeseburgers, barbecued pork sandwiches, grilled cheese sandwiches, vegetable burgers, mashed potatoes, baked beans, broccoli, sautéed mushrooms and onions, sweet potato fries, steamed rice, mushroom quiche

Monday – Aug. 1

Lunch – 11 a.m. to 1 p.m.

Cream of chicken soup, minestrone soup, beef pot pie with biscuits, honey chicken wings,

chicken lasagna, bean burritos, jalapeno potato wedges, Kansas rice medley, calico cabbage, French-style green beans, baked cod

Dinner – 5 to 7 p.m.

Asian barbecued turkey, roast turkey, spaghetti and meat sauce, Italian broccoli pasta, beef enchiladas, refried beans, mashed potatoes, green peas, carrots

Tuesday – Aug. 2

Lunch – 11 a.m. to 1 p.m.

Texas tortilla soup, cream of broccoli soup, roast pork tenderloin, herbed Cornish hens, beef fajitas, broccoli-rice and cheese, O'Brien potatoes, wild rice, Mexican rice, pinto beans, cauliflower, broccoli, Mexican corn

Dinner – 5 to 7 p.m.

Oven fried chicken, roast beef, Mexican baked chicken, vegetarian nuggets, redskin potatoes, steamed rice, turnip greens, mixed vegetables, green bean combo

Wednesday – Aug. 3

Lunch – 11 a.m. to 1 p.m.

Cream of potato soup, beef and noodle soup, savory baked chicken, Italian rice and beef,

pasta primavera, breaded pork fritters with mushroom gravy, lyonnaised potatoes, steamed rice, fried cabbage, hacienda corn and black beans, vegetable stir fry

Dinner – 5 to 7 p.m.

Braised beef and noodles, ginger teriyaki fish, rice frittata, buffalo chicken wings, potatoes and herbs, brown rice, carrots, green bean combo, broccoli

Thursday- Aug. 4

Lunch – 11 a.m. to 1 p.m.

Cream of mushroom soup, Cantonese spareribs, barbecued chicken, Swedish meatballs, grilled turkey patties, cheese enchiladas, steamed rice, fried rice, hacienda corn and black beans, vegetable stir fry, parsleyed red potatoes

Dinner – 5 to 7 p.m.

Chicken parmesan, baked spaghetti, spinach lasagna, sweet and sour pork, whole wheat pepperoni pizza, steamed pasta, rice pilaf, Italian baked beans, succotash, broccoli, cauliflower au gratin

*Menus are subject to change
without notice*



Main Post Chapel, Building 2200, 221-2754

Catholic Services:

4:45 p.m. - Reconciliation - Saturdays
5:30 p.m. - Mass - Saturdays
9:30 a.m. - Mass - Sundays

Protestant Services - Sundays:

8:00 a.m. - Collective Protestant
11:00 a.m. - Collective Protestant

Jewish Services: 379-8666 or 493-6660

8:00 p.m. - Fridays - Worship and
8:30 p.m. - Oneg Shabbat

Dodd Field Chapel, Building 1721, 221-5010 or 221-5432

Catholic Services:

9:15 to 11:15 a.m. - Catholic Women of the Chapel Enrichment or Bible Study - Mondays
12:30 p.m. - Mass - Sundays

Protestant Services:

10:30 a.m. - Gospel Protestant - Sundays
9:30 to 11:30 a.m. - Protestant Women of the Chapel meeting - Wednesdays, child care is provided
6:30 to 7:30 p.m. - Protestant Women of the Chapel meeting - Thursdays, child care is provided

Samoa Protestant Service:

2:00 p.m. - Sundays

Brooke Army Medical Center Chapel, Building 3600, 916-1105

Catholic Services:

8:30 a.m. - Mass - Sundays
11:30 a.m. - Mass - Sundays

Protestant Services:

10:00 a.m. - Worship Service - Sundays
Episcopal/Lutheran Rite services:
12:30 p.m. - Traditional worship - Thursdays

Center for the Intrepid, first floor, 916-1105

Christ for the Intrepid services:

5:30 p.m. - Coffee and fellowship - Sundays
6:00 p.m. - Contemporary worship - Sundays

AMEDD Regimental Chapel, Building 1398, 221-4362

32nd Medical Brigade Student services

Catholic Mass: 8:00 a.m. - Sundays

Contemporary Protestant Service:

9:30 a.m. and 11:01 a.m. - Sundays

Muslim Jumma: 1:30 p.m. - Fridays

Installation Chaplain Office, Building 2530, 221-5007

Church of Jesus Christ of Latter Day Saints:

8:30 a.m. - Sundays

Web site: <http://www.samhouston.army.mil/chaplain>



For Sale: Remington 700 police .308 win. Has a Bushnell tactical scope with a mil dot retical, 5x15x40 with a sunshade, carrying case with locks and three boxes of ammunition, \$1,000 for all. Call 383-6122.

For Sale: Ladies bike, \$45; exercise bike, great condition, \$75; computer desk, \$25; inner table, \$15, tan five-drawer metal filing cabinet, \$30; wooden desk, \$50. Call 241-1291.

For Sale: New Jack Georges leather briefcase, \$150; dog kennel, Life Stages, model 1622DD, \$30; new Wyndmere ultrasonic nebulizer, \$35; new bike helmet, \$20; skateboard, \$20. Call 313-0061.

Free: Boxes and packing materials for shipping, not moving. Many sizes, take some or all. Call 771-7480.